

A close-up photograph of a waterfall cascading over dark, mossy rocks. The water is white and frothy, creating a strong contrast with the dark background. The overall tone is serene and natural.

Soul Care

LASTING TRANSFORMATION & FREEDOM

Soul Wounds

Soul Wound - an internal pain, an unresolved hurt from the past

Forgiving is important, but you can forgive and still be left with a soul wound that needs further healing.

"Do You Want to Get Well?"

John 5:1-8 — Jesus didn't ask "do you want to feel better," he asked "do you want to get well?"

Isaiah 53: 3-5 — We don't have to beg God to be healed, it's already done.

Healing can be a process, but Jesus redeems our wounds.

Start The Healing Process

Process your past with Others

Process your past with Jesus

Name your feelings

Trust Jesus, trust the process

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DISCUSSION QUESTIONS

Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. What is the worst injury you've ever sustained? What happened? Do you have any scars?

Entree

1. Read **Isaiah 53:2-5**
 - a. How do you respond to the truth that we are healed through Jesus' wounds?
2. How do you respond to the truth that, in every event of your life, Jesus is always present?
3. Have you ever experienced physical stress or pain from an emotional wound?
4. Have you experienced healing in your life, or seen it in the life of someone else?

Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. Do you have any soul wounds in your past that need processing?
2. How can you continue the process of healing wounds this week?
3. How can this group help you?

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